



November -  
December  
2011

# BSJ Inspiring Times

**BSJ Care Center: A Bethany St. Joseph Corporation Facility**  
*Inspiring Life, Hope & Healing*

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## Administrator's Message

The big news in the state of Wisconsin has been the concealed carry weapons law. Starting on November 1st, permit holders will be able to carry concealed weapons anywhere that does not prohibit them. Bethany St. Joseph will be posting signs prohibiting weapons on our premises. State law does allow permit holders to keep weapons locked in their vehicles while parked on our property.

Influenza season will be upon us soon, and we are preparing to protect our residents and staff. Vaccinations for our residents will be available in November. If a resident or responsible party has not received an informational letter within the last month and you or your loved one would like to receive a vaccine, please contact your social worker. This year, staff will be offered the vaccine and receive it if they choose to or sign a declination form. This assures everyone is given the opportunity to make an informed choice. We do, however, highly encourage staff and residents to receive the vaccine to protect both themselves and others they may come in contact with. Unfortunately, we cannot offer vaccinations to non-residents or non-employees. Please see your health care provider or watch for public immunization clinics.

Another action we are taking to reduce infections is using hand wipes before and after meals. Staff will provide hand wipes to residents when entering or leaving the dining rooms. We encourage family members and visitors to use one when assisting in the dining room.

This month, we are installing touch screen monitors on each avenue for daily staff documentation. This will replace paper recording of things like assistance needed, activities of daily living, meal intake, etc. These "kiosks", to be used by staff, will be dedicated to resident documentation.

In October, we installed 3 new high efficiency dryers in our Laundry department. The old dryers were at the end of their useful life and hard to get parts for. The new ones reduce dry time by sensing when laundry is dry and shutting off, saving both energy and wear and tear on clothing and linen. You may notice that personal items from our laundry are softer as a result.

Also in October, our staff completed fire safety training provided by the La Crosse Fire Department. This included practice using fire extinguishers. We are grateful the Fire Department can provide this important safety training for us.

With the holidays approaching, there will be programs for residents and families to get together and enjoy entertainment and socializing. Please take advantage of any of these programs as you are able. We are always glad to see visitors.

Larry Pupp, BSJ Care Center Administrator



# Holiday Dinners

Once again we will be encouraging families and friends to join us for our holiday dinners, served at noontime on Thanksgiving Day and Christmas Day. These are two of our favorite feast days, and we so enjoy having guests for dinner.

We will be serving the traditional Thanksgiving dinner with turkey, cranberry fluff salad, sweet potatoes, stuffing, green beans, dinner roll and pumpkin pie. Our Christmas menu will be posted in December.

In order to best accommodate everyone, advance tickets are necessary. Dinner tickets cost \$5.00 each, and will go on sale approximately one month before each holiday. Families and friends may purchase tickets from our receptionist daily between 8:30am and 7pm. Seating is limited, so please purchase tickets early.

These are always wonderful events. Please see our receptionist to purchase tickets, and plan to join us!

## *Note from Social Services:*

Each resident is very important to us. We strive to assure we are able to provide our residents and their responsible party with the time and attention that may be needed.

We know there may be times when you may stop by our offices and we are not available. Please know we are interested and want to assist you. To better assist you and give you the time and attention needed, you are encouraged to schedule an appointment with your social worker. This assures a time will be reserved just for you.

To schedule a time, you may call and leave a voicemail, send us an e-mail or leave a message with our receptionist to have us call you.

Thanks in advance and  
Happy Holidays.

- Rachel Forer:  
[rachelf@bsjcorp.com](mailto:rachelf@bsjcorp.com)
- Angie Horge:  
[angieh@bsjcorp.com](mailto:angieh@bsjcorp.com)
- Danielle Jeffers:  
[daniellej@bsjcorp.com](mailto:daniellej@bsjcorp.com)

Dementia Caregiver Support Group meets  
monthly on the 3<sup>rd</sup> Monday from 5:30pm-  
6:30pm in the Blue Room-All are welcome!

## Avalon Forget-me-nots are # 1!

The 2011 Walk To End Alzheimer's was a huge success! It was a glorious day to be able to join so many in support of a wonderful cause! The BSJ Care Center Avalon Forget-me-nots were awarded with the 'Most Team Walkers' and 'Team Raising Most Dollars'. Our total monies raised was just over \$2,300! We could not have done it without the support, encouragement and generosity of our BSJ Care Center family and friends! Thanks so much for your support! Looking ahead already to 'Walk to End Alzheimer's' 2012! Think about joining us as we continue our 'Walk To End Alzheimer's'.

## WHO NEEDS A FLU SHOT????? EVERYONE.

Families & Friends of BSJ, please help us keep your loved ones healthy this flu season. The best way to protect against influenza is to get a flu vaccine every flu season.

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu and vaccination is the single best way to protect against influenza. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

Health experts now recommend that everyone 6 months of age and older get vaccinated against influenza. While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than 5, but especially younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including Health care workers
- Household contacts of persons at high risk for complications from the flu

Get vaccinated as soon as the vaccine becomes available in your community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. However, flu season can last as late as May so getting vaccinated later in the flu season could still provide protective benefit. About 2 weeks after vaccination, antibodies that provide protection against viruses in the vaccine develop in the body.


Flu shots are safe and cannot give you the flu because they are made from killed or very weakened virus. There may be some mild side effects from the two different types of vaccines (shot and nasal spray). The most common side effects from the flu shot are soreness, redness, tenderness or swelling where the shot is given. Side effects from the nasal spray vaccine include runny nose, cough, or nasal congestion.

A flu vaccine reduces your risk of illness, hospitalization, or even death and can prevent you from spreading the virus to your loved ones. Protect your family and friends from flu: get vaccinated.


For more information about the seriousness of influenza and the benefits of influenza vaccination, talk to your doctor or nurse, visit [www.cdc.gov](http://www.cdc.gov), or call CDC at 1-800-CDC-INFO.

Belinda Nickelatti-Director of Nursing





*Mark your calendars!!  
The date has been set!*



Hard to believe we are already thinking about Christmas..... but the date for the resident and family Christmas party has been scheduled. This year's parties will be held on **Wednesday, December 21<sup>st</sup>**. The party for residents living in our Avalon Neighborhood, (100, 200,300 and 400 avenues) will be at 2:00pm and for those residents living in our East Neighborhood, (500,600,700 and 800 avenues) the party will be at 7:00pm.

There will be entertainment, Christmas goodies and a visit from Santa. An invitation will be sent to the first contact listed in the resident chart. The first contact is invited and encouraged to pass this invitation on to other family members. If planning to attend, RSVPs are needed by **Wednesday, December 14!! Call the Recreation Therapy Dept. to make your reservation.**



We continue to save Festival Receipts. You are invited to drop off your receipts in the basket by the receptionist desk. Right now we are taking receipts for October, November and December.

Festival Foods generously awards a percentage of the total receipts. We in turn use the funds to enhance our Recreation Therapy program. Thanks for your support.

IT'S not too late to purchase your chances for the baskets, gift certificate stocking, and the autographed Green Bay Football on display near the reception desk.

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The drawing will be **Friday, November 18<sup>th</sup> at 2:00**. You may purchase your chances from the receptionist between 8:30am-7:00pm.

The proceeds benefit our Recreation Therapy program.

# Recreation Therapy Holiday Highlights

November: During November we will be taking residents shopping, out for lunch or breakfast, and to the Moose Lodge for a special Thanksgiving dinner prepared for residents from all the area nursing homes. This meal is free of charge!! Clog Jam will be performing on Wednesday, November 16<sup>th</sup> at 6:30pm. Our residents will be making pumpkin pies for the Community Thanksgiving dinner served at the La Crosse Center on Nov. 24. During November we will host our annual homemade meatball and lefse luncheon in the Recreation Room as well as a couple of other special meals. Near the end of the month, UW-La Crosse's Occupational Therapy students will be here facilitating morning programs.

December: December is shaping up to be a busy month for us in the Recreation Department. To help get us in the holiday spirit, we will decorate our BSJ Care Center community!! We are looking forward to many community groups visiting BSJ during the holidays. As of now, the UW-La Crosse's Occupational Therapy students will be here facilitating activities and the 5<sup>th</sup> Grade String Groups from both Spence Elementary and Southern Bluffs Elementary will be here to perform. We will be serving our traditional oyster stew as part of a special meal. Throughout the month, other traditional holiday favorites will be served in the Recreation room. Check out the weekly Recreation Informer for dates and times. Our residents will be baking holiday treats and frosting Christmas cookies. Taking trips to see the Rotary lights as well as other outings are in the planning stages. We will end the month and year with our New Year's Eve party on December 30<sup>th</sup> at 2:00pm.

**Enhance  
your dining  
experience by  
choosing to eat in  
the dining room.**



## TOYS FOR TOTS

A La Crosse Jaycees Toys for Tots collection barrel will be in the lobby lounge (behind reception) **Friday, November 4 to Friday, December 2**

In 2010 over 1200 children received toys through this program and the need continues to grow. This year they are requesting new or clean, gently used baby toys (0 to 1yr) and toys for children 10 years to 12 years old

Please consider donating a toy to help make an area child's holiday brighter!

Thank you.

## BSJ CARE CENTER WHO'S WHO

Administrator: Larry Pupp  
Director of Nursing: Belinda Nickelatti  
Assistant Director of Nursing: Sharon Embke  
Admissions Specialist: Lori Bagniewski  
Dietary Director: Francie Ball  
Hospitality Services Supervisor: Christine Brown  
Human Resources Supervisor: Lauren Schams  
Maintenance Supervisor: Joe Sheffer  
MDS Nurse Supervisor: Kathy Hazelton  
Pastoral Care: Linda Kuehl  
Recreation Therapy Supervisor: Kim Scholze  
Skin Care Management Team: Maureen Brohmer & Julie Newman  
Social Services: Danielle Jeffers, Rachel Forer & Angie Horge  
Staff Development: Julie Newman

*Bethany St. Joseph Care Center (BSJ Care Center), located on Shelby Road in La Crosse, offers an array of skilled nursing and rehabilitative services for individuals of various ages and diverse care needs. For those with memory care needs, Avalon provides a place of understanding & support. Our goal is to help our residents reach their optimum level of health.*



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